

**EVERYDAY FENG SHUI**  
Feng Shui by Maria  
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**Feng Shui -The Holiday Gift That Keeps on Giving**

At a recent gathering at my daughter's house, she had me personally sign six of my books, which she plans to give as holiday gifts. I thought this to be such a special, and useful gift for her family and friends, since my book "Empower Your Life Through Feng Shui" is aimed at helping the reader arrange their home to help them achieve their goals. It's the gift that keeps on giving! I felt touched, and honored. This helpful book can be purchased right here at Bookshop Benicia, on Amazon, or through my publisher Book Baby right on my website. If you're local I can even make arrangements to personally sign it for you.

The holiday season is upon us. This is a time when families get together to celebrate traditions passed down from generation to generation. It's also a time of decorating and selecting the right gifts; both of which can cause unneeded anxiety – but not if you let Feng Shui guide you.

Feng Shui, the ancient Chinese art of using your environment to help you create peace and harmony in your life, which allow you to achieve your goals. It is based on the concept of creating space for Ch'i, the positive life force energy to flow freely through your home. This energy is what you need to help you "breathe" through the holiday season. By using Feng Shui principles in your decorating and gift giving you can relax and enjoy this special time.

**Feng Shui Holiday Gift Advice**

If you're like me, you have so many people to shop for; not only family and friends but also for hostesses, teachers, colleagues, neighbors, and other helpful people in your life. One suggestion for these is to start early, pick a few signature gifts and buy in bulk. Wrap them and place them in a festive pile ready for you to grab one and go. Here are a few of my favorites which have positive meanings in Feng Shui and will help nourish the receiver with Feng Shui energy:

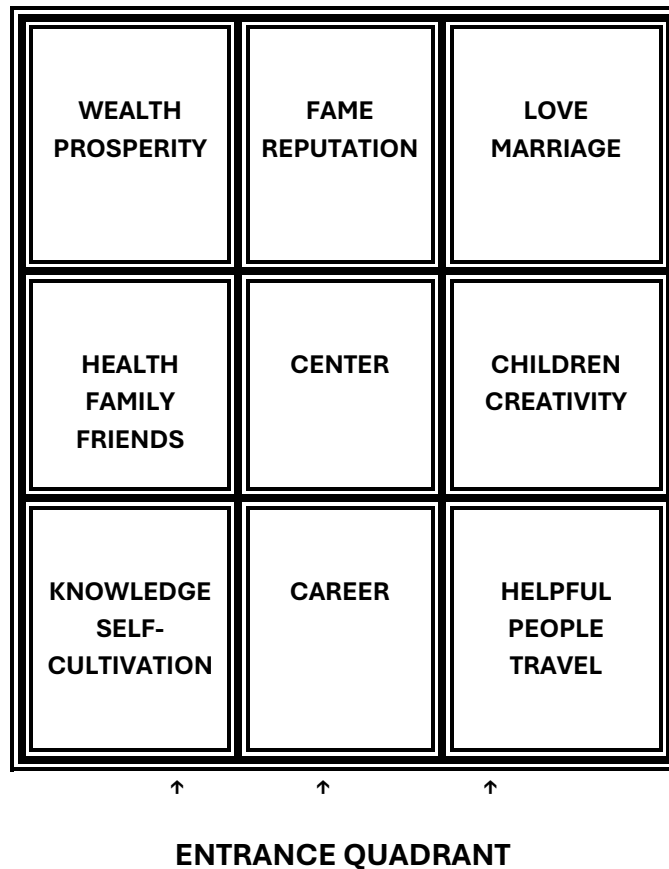
- Books - Give the gift of reading as mentioned earlier.
- Healthy Plants – Round leaf ones represent prosperity. Potted Amaryllis bulbs represent transformation and growth and put on a spectacular show all winter.
- Cocktail Napkins – Pretty cotton ones are associated with entertaining and caring for your guests. There are also many paper ones with humorous sayings.
- Home Fragrances - Scented candles are associated with fire and warmth, while room fresheners such as Thymes enhance the senses and help clear energy.
- Small Spoons, Forks or Cheese Spreaders – Associated with nourishment through food, family and friends.
- Purse Hanger - Use one to keep your purse off the floor and respect your wealth.
- Gift Cards to favorite eateries or stores – represent abundance.

For family and friends, I try to keep notes of what they like or need throughout the year. Otherwise, I focus on consumables, like gourmet food baskets, or bath products. I've also loved having items personalized for them, such as pillows with family pictures (through Shutterfly) or personalized mugs which in Feng Shui represents a special connection.

Whatever you give, give with love and gratitude. It will all come back to you!

### The Bagua

The Feng Shui Bagua (Ba-gua) Map, is represented as a grid of nine sectors. The Bagua comes from the Chinese philosophy, "The I Ching," and literally means "eight trigrams", with the center being for centering and grounding. When placed over the layout of your home, you can easily find the location of the treasures in your life, and even identify trouble spots.



### Holiday Decorating Enhances Your Space

Whether you decorate with a Menorah or Christmas Tree, the objects you bring into your home for the holidays will represent energy. Menorahs add fire to any room, Christmas Trees represent growth, and all the bright colors, lights, garlands, and traditional objects make the home's energy flow easily and create an environment for family gatherings. As you decorate, think about using the Feng Shui Bagua to help guide you in placement. You can use the Bagua on the whole house, or for the main room where you will be entertaining. Place the Bagua over the entry of the room and use the attributes of each area to guide you in altering that room's energy by selecting the areas where you place your decorations: Green for family growth, red for action, pink for relationship, white or metal for intuition, purple for abundance, blue for knowledge and yellow for centering and good health

### Career Area (Water Element)

- Items in items in black or very dark colors, glass/crystal items, water features

### Knowledge and Self Cultivation Area (Wood Element)

- Items are made of wood, blue, green, plant colors (great location for Christmas tree)

### Friends/Family/Health Area (Wood Element)

- Floral arrangements or art depicting vibrant flowers, photos of family, friends' health (gathering spot for family)

### Wealth Area (Fire Element)

- Opulent items in the purple color spectrum, healthy, round leaf plants (great location for presents)

### Fame Area (Fire Element)

- The colors red, items representing the fire element with candles and lighting

### Love and Marriage Area (Fire Element)

- Pairs of items, art or photos depicting romance, reds, and pinks

### Children and Creativity Area (Metal Element)

- Items in metal, colors of white and pastels, whimsical art, pictures of children

### Helpful People and Travel Area (Metal Element)

- Art or figures pertaining to spiritual guides, angels, metal and colors of white, black or grey

### Center Area

- Ceramics, the colors yellow, earth tones, and rectangle shapes

As you can imagine, your holiday decorations can fit easily in all these areas. Christmas trees work well in Knowledge, Family and Health, but because of all the colors, lights, garland and ornaments can represent all the elements, and act as five element displays wherever placed. This is a win – win! Menorahs, representing fire, enhance any of the three fire areas, but like the Christmas tree, depending on the colors and what it is made of they can also hold all the elements. You really can't go wrong with holiday decorations!

### Important Feng Shui Tip

Clear the clutter from the room before you begin decorating, and keep it clutter free. This will help your calm, holiday energy flow and prevent your holiday communications from being “messy.”

### Feng Shui at Work

A friend decorates for Christmas by bringing in a myriad of stuffed bears. She places most of them in her Knowledge and Self Cultivation area of the house where she has her Christmas tree and holiday decorations. Most of these bears are vintage and hold many wonderful family memories. She liked the look so much that she kept some out for the rest of the year. They add a familiar coziness to her home.

My Italian mother always said that giving or receiving sharp objects as gifts is considered bad luck. In Feng Shui, giving a knife as a gift represents “cutting the friendship.” There is a traditional practice in many countries throughout Europe and Asia of giving a coin in return for receiving a sharp object to keep the friendship intact. My mother taught me this practice when I was young. Whenever I received a sharp object, I would give the giver a penny with a big smile of gratitude.

Feng Shui enhancements do not have to cost a great deal. Using your old holiday decorations brings back memories and good energy. When I was traveling to see my daughter and she didn't have a tree, I packed a small artificial tree with lights in my suitcase and plugged it in for us wherever we were. It shifted the energy immediately.

### Affirmations and Inner Work:

Remember that in Feng Shui, intent plays a significant role in enhancing any area of your home or business. That's why all enhancements need to be made with intentionality; written or stated affirmations, expressed as if they are already happening are very important, *“I have many blessings this holiday season”, “We had fun finding the perfect gifts for our family and friends. They loved their new Feng Shui book.”*

I wish you a holiday filled with family, friends, harmony, happiness, food and festivity.

**My book is now available for purchase on my website and makes a great gift.**

For questions or home consultations email at [mtmccull@aol.com](mailto:mtmccull@aol.com) and put “Feng Shui” on the subject line, or visit my website at [www.fengshuibymaria.com](http://www.fengshuibymaria.com), (where you can read past columns), or Facebook “Feng Shui by Maria”, where I post pictures as examples to enhancements.

\* **Check out my BLOG** – Just go to the website and click on “Blog”: You can view many pictures and, I will respond to your questions quickly.

Until then...Blessings!

**Maria McCullough** is the owner / founder of ***Feng Shui by Maria*** ([www.fengshuibymaria.com](http://www.fengshuibymaria.com)) and is a speaker and educator with over 20 years of experience, and now author of the book, ***“Empower Your Life Through Feng Shui – An Easy Eight Step Guide to achieving Your Goals.”*** She is a graduate of the Western School of Feng Shui and has personally trained with Terah Kathryn Collins, founder of the Western School of Feng Shui, specializing in Essential Feng Shui® and author of numerous books. Maria specializes in residential, landscape and business consultations. She offers virtual consultations nationally and internationally, as well as in person local